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TEN FROM TED From summer siestas
to Reg Cooper Square, Ted Gooden
shares 10 good things

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new musical director embraces (the city)
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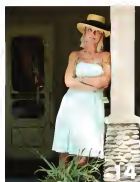
LONDON

THE MAGAZINE ABOUT TOWN *Citylife*

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PROFILE

Sliding in

One of the most sought after conductors in Canada, Alain Trudel sets a new tempo for Orchestra London

ALAIN TRUDEL, TROMBONIST, COMPOSER, educator, recording artist and conductor, was named musical director of Orchestra London this past April. Having made a number of guest appearances over the past several years, Trudel is well known to Orchestra London audiences. Perhaps what isn't so well known is just what a truly remarkable musician we've welcomed to our fold.

One of the most exciting and effective conductors on the Canadian classical scene, Trudel has led numerous orchestras, including the Toronto Symphony, the Vancouver Symphony and the Victoria Symphony, and is also the founding music director of the National Broadcast Orchestra. Beyond our borders, he has conducted orchestras in the UK, the U.S., Japan, Hong Kong and in Latin America.

And because Trudel spends so much time conducting these days, it is easy to forget that he is one of the most influential trombone soloists on the planet. He has been a guest soloist with leading orchestras on five continents, including the Deutsche-Symphony (Berlin), l'Orchestre Philharmonique de Radio France (Paris) and the National Arts Centre Orchestra (Ottawa).

Spirited and fun loving, Trudel is married, has five teenage children (three from a previous marriage) and will divide his time between his home in Montreal and an apartment in London. He recently chatted with London Citylife.

Apart from your early duties with the orchestra, have you had a chance to get to know the city?

I've started. I love to ride my bike—it's a great way to discover a city—so I've been doing some of that. And I've learned that there are quite a few nice places to eat in London. I also must say that I enjoy the weather. London definitely has four seasons, like Montreal. That's enjoyable for me, all the seasons are there.

What do you see as the biggest challenge facing orchestras today?

I think relevance. For years and years classical music has been narrowed to become one flavour for a very few people. That's so wrong. All of this wonderful music was written by very normal, very accessible people. Beethoven was just a regular guy. I don't know how all of this became elitist. We need to share it so it can make a difference in people's lives.

How to you go about changing that perception?

An orchestra is like a citizen—it needs to participate to be relevant in the community. I'm preparing a multi-role plan for the orchestra and a big part of my vision is to be really engaged in education—and not just educational concerts. I don't want students coming to witness an orchestra; I want them to participate. I'd like the orchestra to take a mentoring role in the schools, supporting the efforts of music teachers that are

Alain Trudel



already doing magnificent jobs. It's a mix of getting students excited about music and support for the school system. It's exciting for the musicians, too.

How do you balance the varying aspects of your musical career, that of conductor and that of a brass soloist, which requires daily practise? Well, it has to be a very disciplined approach. A conductor is one thing, an artistic director is something different and the trombone player is different again. And when all three are good, it's really fulfilling. Actually, the trombone can be a nice moment of calmness. When I pick it up, it's joy. If I don't have anything big to play, it's just a matter of maintenance. If I have a big performance, I have to pick it up a little bit more.

How would you describe your conducting style? I often think people see a conductor as a kind of caricature—an old guy standing in front of the orchestra yelling about mistakes. Everyone can figure out that something is wrong. For me, an honest mistake while you're going for it is totally acceptable. As musicians we're taught to not make mistakes, to play clean. But it's not about not failing. It's about how good we can make the good stuff. Part of the solution to that is to encourage musicians to play out. You don't achieve excellence by being afraid of failing.

Aside from frequenting some of our great restaurants, what else are you looking forward to doing in town? Hockey. I'm a Habs fan, but I'm really looking forward to watching the Knights play.

So, you've forgiven Dale Hunter for his overtime goal—the one that ousted Montreal from the '82 playoffs? Ah, it's a thing of the past. And we know his goal shouldn't have counted, so it's okay.

INTERVIEW BY GORD DELAMONT

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10 THINGS

Ted Goodden

The stained glass artist, author and teacher shares 10 things he can't live without

I. What I'll never give up

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II. My favorite writer:

The poet, Cornelia Haagland, who has recently published her fifth book of poetry, *Woods Wolf Girl*. This book is a fresh telling of the Red Riding Hood story, set in the rainforest of British Columbia, and the wolf is very real. I will disclose that I'm married to this writer but deny any resemblance to the wolf.

III. My favorite quote

From George Eliot's *Middlemarch: A Study of Provincial Life*: "If we had a keen vision and feeling for all ordinary human life, it would be like hearing the grass grow and the squirrel's heartbeat, and we should die of that roar which lies on the other side of silence. As it is, the quickest of us walk about well wadded with stupidity."

IV. My favorite workout

In season, I like to take a late afternoon nap on the backyard picnic table, with my leather apron rolled up as a pillow. Half an hour later I wake up refreshed, with my colour sensitivity shifted towards the violet end of the electromagnetic window.

V. My favorite travel destination

At the intersection of Dundas Street and Springbank Avenue in Woodstock is a life-sized metal statue of the Springbank Snow Countess, a marvelous Halstein caw who, among her other accomplishments, consistently won The International Award for Butterfat Production until her death in 1937. The statue, created by Rass Butler, is elevated on a pedestal, allowing you to admire the hand-painted blush on the udder, lovingly restored by Keith Bantack.



VI. What I use every day

A six-wheeled German glasscutter, Dremel drill with Lee Valley etching bits, badger-haired brush and sable rigger, eight-ounce hammer, lead knife, rosewood fid, HB pencil, briar pipe, wooden matches.

VII. My favorite street corner

The southeast corner of the intersection of Ridout and King streets, the site of The Great Blue Heron, a stainless steel sculpture I designed and, with help from Peter Andreea, suspended from The Renaissance building. This may seem self-serving, but I intend it as a public service announcement: the sculpture is also a solar clock—our very own Stonehenge. If you stand beneath The Great Blue Heron at 1:25 p.m. on June 21, you can witness the alignment of the coloured shadows cast by the heron's stained glass disc onto an engraved granite marker below.



VIII. My favorite bridge

With its cast-iron bowstring arch, Blackfriars is an eloquent testimonial to Victorian industrial engineering and is the only bridge of its vintage still in use in London. The restoration of Blackfriars in 1985 made two mistakes, in my opinion—one structural and one aesthetic: they laid the new deck at right angles to the traffic flow, rather than on the bias, as had been done for more than a century; and they got the colour wrong. Twenty-six years later, could it be time to re-paint the bridge?

IX. My favorite neighbourhood

My own street, The Ridgeway, is only a few moments walk to the market downtown. Two blocks away, the Ben Than Restaurant stands on the corner formerly occupied by Habbs Hardware, whose Stained Glass Department created most of the stained glass windows that grace the homes of London's historic core neighbourhoods. Lately I find myself giving public lectures on the legacy of Habbs Stained Glass Department and claiming London as the stained glass capital of Canada.

X. My favorite public park

I'm thinking here in terms of the potential, rather than the present reality of Reg Cooper Square, located between City Hall and Centennial Hall, adjacent to Victoria Park. At present this space projects a De Chirico-like mood of abandonment and mysterious melancholy. What a perfect location for a sculpture park! I have a proposal to make, of course, but I would love to see what other artists—and I'm thinking in particular of Tam Benner, Bentley Jarvis and Paul Walde—might come up with.



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FROM LEFT: John Ferguson, Christine Torres, Dave Carver and Jennifer-Anne McIneray

SPORT

A step beyond

For some runners, one marathon just isn't enough

RUNNING IS BIG THESE DAYS. On city sidewalks or park trails, you'll spot a runner just about anywhere, any time. Lots are training for road races, from 5K fun runs to the queen of distance running, the full marathon.

Believe it or not, however, there are some runners who consider the marathon distance of 42 kilometres (26.2 miles) just a warm-up. These hardy souls call themselves ultra distance runners, typically taking on 50Ks to hundred-milers (160.9 km) and beyond.

In the words of one, who often clocks 50 kilometres in a single training run, "I won't even put on my shorts for 5K."

John Ferguson of Runners' Choice on Dundas Street figures about 75 men

and women here in London run ultras on a regular basis. They compete in Ontario races with names like Pick Your Poison, Dirty Girls, Fat Ass and London's own Vulture Bait (October 15, www.vulture-baitrace.com). The courses range from groomed trails to root-infested, rock-strewn labyrinths. Some competitors venture further afield, attracted by courses that climb mountains and cross deserts. To mere mortals, ultra running does not seem humanly possible—until you hear the stories.

London's Dave Carver recently ran—and won—a 100-mile ultra from Key Largo to Key West, Florida. He ran for over 17 hours. Carver also enters timed ultras in which runners vie for the greatest number of loops around the same circuit in a specified time period. On Peanut Island, just off Fort Lauderdale, Florida, Carver ran 24 hours straight, literally in circles, to complete 117 miles on a one-and-a-quarter mile cobblestone course.

Ultra runners love the camaraderie of their tight little subculture. They claim that life is not nearly as cutthroat competitive as in the time-oriented marathon world. They help each other out if, say, there's a fall or a headlamp burns out, abiding by the unwritten rule that an ultra runner stops even at the expense of his or her own personal time. "It's more like everyone against the course, rather than against each other," says Ferguson, who has participated in some ultra relays. "Everyone is trying to conquer the course together, as a group."

Generally, ultra runners are in their 40s and 50s. They're usually free of time constraints imposed by young families or jobs with long hours. Good thing. Typical training means upwards of 15 running hours per week, not to mention physio and massage therapy to work out the aches and pains. There are also blisters and lost toe nails to nurse. Carver is missing five at the moment.

It's mostly men running ultras, but more and more women, like 42-year-old Christine Torres, are taking their places on the start line. This former Boston

marathoner says, "I was finding the marathon distance no longer a challenge for me." She adds she was not interested in trying to up her game by running that same distance even faster. "The speed issue was making running less fun, so I thought, why not try running longer."

Four years ago, Torres entered her first ultra, Niagara's 50K. Known as a "baby" ultra distance, she ran it again the following year before taking on the 80K Sulphur Springs run in Ancaster, near Hamilton. "I loved it," Torres recalls who, except for quick stops at aid stations, ran between nine and 10 hours straight to complete the course. She has now finished ten ultras and is training for her first 100K run in August.

Jennifer-Anne Meneray, 36, runs 10 to 12 ultras per year and has completed six hundred-milers. Her favourite is the aptly-named HURT (Hawaiian Ultra Running Team), a daunting, twisty, gnarly 100-mile race. Twice, Meneray has completed the official 80-mile portion of the course. Once, she did it with a broken arm. "HURT is stunningly beautiful," she says. "In the first mile, you climb 1,500 feet. To put that in perspective, our local ski hill here in London has a vertical of 150 feet. There are slick rocks, tall roots and lots of mud. But that's what makes it so fun! You are either running up or running down. Nothing is flat."

Carver started running mega distances two years ago when he entered a 50-miler near Jacksonville, Florida. He still likes the

conventional iron man and marathon distances, and on one weekend this past spring he completed three marathons in three days, including the Boston Marathon. But, it seems the longer the distance, the better he performs. As well as winning the May, 2011 Keys 100, the 49-year-old nailed 126.2 miles in just over 25 hours last March to win the 2011 Rouge-Orleans run from Baton Rouge to New Orleans, Louisiana. Wryly, he recalls, "When I got to the 26.2 mile mark [marathon distance] I said to myself, I've only got a hundred left!" Adding with honesty, he confesses the last nine miles were like a "death march."

So, what in the world drives people to such punishing feats during which they often run totally alone through the dead of night over pitch black trails lit only by their headlamps? As Vulture Bait's race convenor, Meneray has observed that ultra runners are a goal-oriented lot with the ability to push themselves beyond perceived limitations. After hours on the trail, she, herself, sometimes hallucinates and has to will one foot in front of the other even though her toenails are about to pop off, her hamstrings are screaming and she's just barfed up a nutritional supplement. Carver, on the other hand, says he keeps going by laughing at himself and his discomfort. "I just have the right mind for it," he says.

Torres, who starts her races with the simple conviction that she'll finish what she trained for, puts it another way. "You can't wear the shirt until you finish the race." **MARY HATT**

THEATRE

Vocal proponent

ONE WAY OR ANOTHER, the Stratford Shakespeare Festival has always played a part in Lori Holmes' life.

Holmes first started attending North America's largest classical repertory theatre as a five-year-old—a little girl enchanted by the elaborate sets, costumes and romance. Later, in her teens, she spent her summers working in the box office, a job that afforded not only a little spending money, but also the opportunity to take in all of the productions.

Today, the London-based speech-language pathologist and owner of Well Spoken, a private speech pathology practice on Riverside Drive, remains firmly connected to the stage as a member of the

A speech pathologist combines love of theatre with love of voice

festival's vocal coaching department. Holmes works with festival actors to tackle any number of unique stage-related vocal issues, including helping actors to learn or adopt a new accent—or shed one hanging around from a previous role.

Janine Pearson, the festival's head of voice and coaching, says Holmes is the only member of the team with a medical background, and praises her approach with the artists. Armed with the knowledge that actors already possess an intimate understanding of their own voices, Holmes says her job is to partner with performers to help meet the specific vocal demands of various roles and acting styles.

"When I was trained it was very much a case of this is the diagnosis, this is the fix," says Holmes. "The art world approach is completely different. There, it is a case of looking at the whole person, because voice is a total body engagement." **UNDA SIMPSON**



by Lisa Scott

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THE PROPERTY: This contemporary, cedar-accented home is located on a large fenced lot in Lambeth, east of Colonel Talbot Road and north of Pack Road. A rare beacon of engaging design in a burgeoning neighbourhood of suburban similarity, the yard is outfitted with an outdoor eating area but otherwise leaves plenty of room for personalization—including enough space to drop in a large swimming pool if desired.

THE HISTORY: The design is from the table of local architect Brad Skinner; the build was handled by owner Mike Clawson. Just under one year old, Clawson has been living in the home for about six months.

THE TOUR: Glass, exposed metal and natural woods are key features in this open-concept house, says Clawson. Materials such as red maple plank flooring lend the home a clean and uncluttered look. A floating staircase is enclosed in glass, while four skylights running through the middle of the house allow plenty of natural light to flood in. The kitchen features a quartz countertop and built-in oven, microwave and cooktop.

REASON FOR SELLING: Clawson's office is located in Waterloo, and he wants to be closer to his workplace.

POTENTIAL BUYER: Clawson believes the house will be attractive to young professionals or a young family, particularly those who "appreciate modern architecture and who enjoy entertaining." Broker Lynne Mallette with Sutton Group-Select Realty agrees, adding that a larger family would find the spacious lot appealing.

DRINK: TOM KEHOE

Riesling up!

A trio of Niagara Rieslings that are tailor made for summer sipping

FOR LONDONERS, the summer months can mean many different things. For some, summer is marked by lush, languid days spent with friends and family at a cottage. For others, it's all about backyard entertaining. But wherever the location, the summer heat always calls for an accompanying dose of cool refreshment. And there is nothing quite as refreshing as a great Ontario Riesling.

Wine writers around the world will tell you that Riesling is among the world's great grape varieties. One reason is because it is so incredibly food-friendly, pairing with all kinds of seafood, poultry, lighter red meats (like pork) and even salads and fruits.

Riesling is also one of your best choices for spicy foods or Asian-influenced dishes. Why? Because a good Riesling will have a decent acidity—similar to that sensation you get when squeezing a fresh lemon in your mouth. This acts as a palate cleanser, literally wiping the remaining flavours of anything you consumed previously and

preparing you for the next bite.

A good Riesling should also be thirst quenching, and Niagara Rieslings are that. In fact, the Niagara Peninsula is gaining an international reputation for this varietal, and not just for its signature ethereal ice wines, but for table Rieslings as well.

One of my favourite entertaining wines is the Megalomaniac Narcissist Riesling from the John Howard Cellars Of Distinction. It's hugely aromatic with lots of peach, pear and tropical fruit flavours shining through.

Many Niagara Rieslings are higher in alcohol and have more grip than some of the Rieslings from Germany's Mosel or Rheingau regions. A couple of examples are the 2009 Cave Spring Riesling Estate and the 2009 Tawse Winery Sketches of Niagara Riesling. Both are drier takes, more in the style of dry Rieslings from France's Alsace region, but with more fruit-forward notes.

TOM KEHOE IS A CERTIFIED SOMMEIER RESIDING IN LONDON. He can be reached at tkchoe63@rogers.com



2009 MEGALOMANIAC NARCISSIST RIESLING Ontario | \$17.95

On the nose this is a very aromatic Riesling; on the palate it offers mouth-watering flavours of fresh peach, pear and apple. Off-dry, very refreshing and good acidity. A great sipping wine and also well suited to fresh fruit, soft cheeses and light seafood. Drink now. Vintages 67587

2009 CAVE SPRING ESTATE RIESLING Ontario | \$17.95

This wine is a crowd-pleaser, with aromas of fresh pear, lime and earthiness, while the palate shows flavours of peach, pear and grapefruit. Great for the patio or cottage entertaining. Try with chicken, seafood dishes or salads.

Drink now. Vintages 286377



2009 TAWSE SKETCHES OF NIAGARA RIESLING Ontario | \$17.95

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Perfect pa

AFTER LINDA RICE DISCOVERED she had breast cancer, she learned to cope with anxiety by training her mind to take her to a place of healing. In her mind's eye, that place was always a quiet front porch close to a beach.

Rice's friends and family knew how badly she wanted to make this imagined comfort spot a reality. So, two years ago, they began scouting around for places in shady Oakwood Park, a gracious private cottage enclave just north of Grand Bend. Rice, who had always enjoyed visiting friends in Oakwood, knew her chances were slim. Cottages there rarely come on the market.



left: Outdoor space behind the cottage includes a two-tiered deck and stone path area around a fire pit. An old garage was originally going to be gutted, but instead was refinished in a favourite red hue and adorned with decorative pieces. Rice and her family call it "The Wall of Found Things"

below: The cottage's original main room retains the timeworn beauty of its river rock fireplace. Old window trim and baseboards were updated, and dark brown wood walls, ceiling beams and gray-painted floors were transformed with a wash of bright white punctuated by cheerful scatter of mats, cushion-clad couches and chairs



Partners

More than a cottage, a serene Grand Bend retreat fulfills a vital vision **BY MARY HATT**

Then, bingo, one day she got a call. A friend had heard through the Oakwood grapevine about a family who was thinking of selling. "As my friend described the place to me, its stone columns and covered front porch, I knew immediately," remembers Rice. "He was talking about my safe place."

She took possession in the summer of 2009 with plans to freshen and revive the old-style building, one of

Oakwood's originals. "I wanted to do most of the work myself, or with people I love and who love me, rather than farming it out to a contractor," she says, adding that her friends spent a lot of time helping her "for good wine and a good meal."

Recalling the cathartic process that included hours of gutting, scraping, sanding and painting over a two-year period, Rice, a well-known London real estate agent, says the cottage seemed grateful, too. "As we worked, it was as if every coat of



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Cover



ABOVE: An original exterior wall is now a vivid red and laced with strings of tiny white lights. A pass-through window between the kitchen and dining areas hooks to the ceiling above

RIGHT: The great room mixes original cottage charm with clean, modern lines and materials



paint going on was saying, thank you."

Since taking ownership, Rice has enjoyed uncovering vestiges of the original owners and their bygone era. "I wanted a place that had soul," she explains. "I could feel it when I walked in."

There have been finds of antique furniture, old newspaper clippings (one containing an article quoting Albert Einstein) and letters. One letter, dated 1932, describes putting in the new septic system that allowed for indoor plumbing.

Constructed in 1923 by Leonard Follick for his sister, Hattie Baker, and her two daughters, Lillian and Grace, the architecture was inspired by Follick's own cottage, The Pioneer, built two years earlier. That cottage still stands, just to the north of Rice's property and remains in its original family. The Bakers occupied their cottage for over 70 years then sold it in 1994.

Rice's mission to preserve the original integrity of the cottage, while adding modern conveniences and decor, began upstairs where she and her team put new tongue and groove pine on all walls of the stairwell and three bedrooms. Clean new fixtures and bright green paint then face-lifted the tiny bath.

Taking advantage of Ontario's 2010 Home Renovation Tax Credit to help finance some of the work, Rice installed new windows in the upstairs rooms as

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“As we worked, it was as if every coat of paint going on was saying, thank you”

Linda Rice



well as on the main floor where, at the back of the cottage, a former three-season screened-in porch became fully winterized. Now acting as a great room for lounging before the fire, or dining around a stripped and refinished table that was original to the cottage, this pine-clad space connects inside with outside through a series of double-hung windows on three walls.

Outdoor space behind the cottage includes a two-tiered deck and stone patio



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ABOVE: A small, simple kitchen includes a functional work area, bedstead pot rack and open-shelf corner unit

BELOW: Wicker furnishings and leafy ferns help to create a tranquil front porch sanctuary

area around the fire pit. The new landscape replaces what for years had been just sand and grass. Now, Rice and friends love to dine here al fresco style or enjoy cocktails in the pergola-covered seating area. She had planned to rip down the old garage but, instead, decided to drench it in her favourite red hue and use it as a place to hang decorative this-and-that

pieces. She and her family call it "The Wall of Found Things".

Good times roll easily in this outdoor party zone. Recently, there was a birthday bash for a close girlfriend. "I like to call it The Big Chill," Rice says. "We're all in our mid-fifties now and we want to gather, have dinner parties, tell stories and ... chill."



Back inside, the great room mixes original cottage charm with clean, modern lines. Rice created artistic juxtaposition between the floor-to-ceiling slate fireplace surround, topped with flat-screen TV, and the homey presence of antiques and wood finishes such as the original exterior wood-sided wall dividing the room from the rest of the cottage. She painted that wall a vivid red and laced it with strings of tiny white lights, accenting with the kind of bric-a-brac you expect to find in a cottage like this. Nodding to yesteryear, a pass-through window between the kitchen and dining areas, set in its original wood frame, hooks to the wood ceiling above.

Rice gutted the tiny kitchen area, which had included what she thinks was



once a dumbwaiter to lift coal from the basement to the main level. Pretty much everything is new except for an original built-in wood storage cabinet, from which she and a friend painstakingly stripped off layers of shellac, and accessories like the brightly painted hanging pot rack, originally part of an iron bedstead. Rice's daughter discovered the old bedstead in the basement then turned it into a functional kitchen piece. Rice then decided to create a garden ornament out of the other portion.

"It is a small kitchen, but I wanted to keep things simple," Rice explains, adding that the compact space suits the cottage stylistically. Nevertheless, there is a very functional work area with a newly built open-shelf corner unit to accommodate "stuff" on top of the counter. There is also a European-size refrigerator. "Originally, I had bought a bigger fridge, but then realized it wasn't going to fit. So, I ordered this one. It's a lot better, anyway, because it is very energy efficient. And because it's small, people have to take home what they brought."

The kitchen opens onto the cottage's original main room and the timeworn beauty of its river rock fireplace. However, spiffing up was in order here, as well. Rice and crew ripped up and replaced old window trim and baseboards. Then, after a thorough sanding, they transformed dark brown wood walls, ceiling beams and gray-painted floors into a wash of bright white punctuated by cheerful scatter mats and comfy cushion-clad couches and chairs.

Cushy comfort continues onto the front porch, the place that for Rice has become a kind of sanctuary. Here, she'll often have an afternoon snooze on her wicker sofa or hunker down for a good chitchat when friends stop by.

This porch, with its river rock pillars and green leafy ferns, never fails to wrap her up with a sense of tranquility. It's not imagined anymore and she can now return whenever she wants. As she says, "I need this place to nurture me." *ELL*



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But the travel bug leaves no one unbiten, and the urge to pack up and hit the open road strikes even the most dedicated homebody. Luckily, getaways are quick and easy in the London area. There are innumerable choices, be it glittering beaches, enchanting rural towns, diverse natural beauty or big-city lights. What follows is a short, varied list of worthy summer getaways. So pack a duffel, gather the kids, throw a few bucks in your pocket and answer adventure's call. A world of summer fun awaits.

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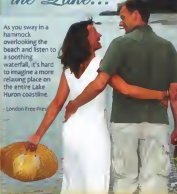
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The West Coast

The beautiful Lake Huron coastline from Samia to Goderich offers a variety of attractions and natural sites to discover and enjoy. Stroll along windswept beaches that seem to stretch forever. Be dazzled by sunsets that eternally inspire artists and photographers. Find antique treasures in the welcoming towns that grace the shoreline and take in sweeping lake vistas from high atop towering bluffs. Must sees include top-notch summer theatre in a century-old converted barn at the Huron Country Playhouse in Grand Bend and in a picturesque setting at the Blyth Festival—a world-class theatre dedicated to producing new Canadian plays. Scale sand dunes that soar 30 metres high at Pinery Provincial Park, also home to one of the continent's largest remaining Oak Savannas, almost 300 species of birds and one of the finest freshwater beaches in the world. Take a break at Brentwood on the Beach—a beachfront bed-and-breakfast where you can sway in a hammock and relax on the sandy beach, all while enjoying the amenities of a boutique hotel. And spend some time behind bars in Goderich visiting Huron Historic Gaol, an octagon-shaped architectural gem that served as county jail from 1842 until 1972. And while you're there, please do touch the exhibits at the Huron County Museum in Goderich—one of the first museums to encourage a hands-on approach to learning.

Grand River Country

Stretching from Fergus to Dunville, to the north, Grand River Country contains the largest inland river system in southern Ontario. Cruise past glorious rolling countryside, pastoral landscapes, far-reaching farmland and spectacular gorges. Hike along the banks of the Grand River or grab an oar and explore this Canadian Heritage River by canoe. There are stretches of the river suitable for boaters of all levels —



white-water enthusiasts flock to the Elora Gorge, while those interested in a more tranquil journey can pick from any number of stretches of this 300-kilometre-long river. Besides the river, the area is rich in multicultural offerings. Delight in colourful Aboriginal dances and sample traditional foods at the Six Nations of the Grand River First Nations community in Oshweken. Savour Mennonite flavour at the St. Jacobs Farmers' Market—one of the oldest in Canada, featuring field-fresh vegetables and traditional Mennonite quilts, handicrafts and homemade goodies. The Village of St. Jacobs provides unlimited options for browsing fashionable boutiques, artists' studios, and cultural and historic exhibits, and if you choose to stay over, the village area has plenty of welcoming hotels, county inns or bed-and-breakfasts. The West Montrose covered bridge—the "Kissing Bridge"—is Ontario's last remaining covered bridge and has a 198-foot span across the Grand River. Located north of St. Jacobs, visitors come from all over the world to see and photograph this picturesque bridge.

Toronto

Okay, so we enjoy chiding our Hogtown neighbours when it comes to things like traffic, cost of living and community amenities. But let's face it, Toronto is one fabulous city, well known for catering to a multitude of tastes and styles for kids and parents alike. Drive two hours east and see what makes Toronto attractions unforgettable. From exciting theme parks and incredible zoos to spectacular gardens and festivals, attractions in Toronto offer a daily adventure. To mark

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its 40th anniversary, Ontario Place—the city's waterfront family-fun destination—is offering free admission to the grounds all season long. Needless to say, you'll find outstanding multicultural dining throughout the city, from the outdoor patios in Little Italy to the spice of Little India. Walk off your dinner with a stroll through the bustling Yorkville district or the trendy boutiques on Queen Street West, then make a splash in the heart of Toronto at Yonge-Dundas Square. Experience the magic of the stage in North America's second largest theatre centre, or stroll the historic Distillery District and sample the playbill at the Young Centre for the Performing Arts. And from the luxurious and exclusive to the charming and affordable, you'll have no trouble finding the perfect accommodations to recharge after your fun-filled days and nights.

Oxford County

For a quick jaunt full of fun and food, head to Oxford County where there's an abundance of delicious local cuisine. Oxford County is touched on the north by Stratford, on the east by Kitchener/Waterloo, on the west by London, and sliced through the middle by Highways 401 and 403. Known as the dairy capital of Canada and the home of the first cheese factory in Upper Canada, Tourism Oxford is coordinating a number of food-related events throughout the summer that connect local food producers and local chefs and restaurateurs. Mark your calendar for the Oxfordlicious local dining promotion for the entire month of September, and on August 14, there will be a preview of this month-long event with a Savour Oxfordlicious party in the country. The rolling lawns surrounding the ponds at the beautiful Walters' Dinner Theatre property in Bright provides the perfect setting and perfect opportunity to meet

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www.stonecroftfolk.ca www.blackbowfarms.com

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local chefs and farmers, teamed up at grills, serving tasty samples. Listen to food talks, search out local produce, high-end art and enjoy live music in the background.

Lake Erie North Shore

With one of the finest stretches of sandy beach on the north shore of Lake Erie, Port Stanley is a popular destination for London day-trippers, as well as those who want to stay a little longer. To the east you'll find the former fishing village of Port Bruce and a pier that offers some of the best yellow perch and walleye fishing along Ontario's southern coastline. Head a wee bit to the north and you'll discover the Springwater Conservation Area, a breathtakingly beautiful site managed by Catfish Creek Conservation Authority. This year, on the July 22 to 24 weekend, Springwater will be home to Culinary Camping, a new and unique festival concept combining celebrity chefs, award-winning musicians, and on-site farmers' market and camping-related activities. And while the Niagara Wine Route gets most of the hype, the Lake Erie North Shore & Pelee Island Wine Route offers a splendid wine route through the rolling countryside and lush vineyards. Situated in the most southerly point in Canada, this region shares the same latitude as northern California and the Bordeaux region in France, and you'll encounter several wineries, such as Collio Estate Wines and D'Angelo Estate Winery, that have earned international acclaim. After touring the wineries on the North Shore, you can board either the MV Jiimaan or MV Pelee Islander ferries to Pelee Island, where you'll find pristine beaches and classic vineyards established over a century ago.



summer 2011

june 29-july 3

CANADIAN CAMERA CONFERENCE

Featuring keynote speakers, workshops, trade show, exhibitions, bbq, awards banquet, Fanshawe College, www.landancameraclub.on.ca.

july 1

LONDON CELEBRATES CANADA

Festivities include First Nations gathering, Heroes Day exhibit, vendors, stage performances, Harris Park, noon-dusk with fireworks at 10 p.m., free, www.celebratecanada.info.

july 1

DOMINION DAY

Celebrate the founding of our nation with some old-fashioned fun at Fanshawe Pioneer Village, historical debates, patriotic speeches, cake, lemonade, vintage base ball, 519-457-1296, www.fanshawepioneerivillage.ca.

july 1

CANADA DAY GARDEN PARTY

Old fashioned garden party at Eldon House includes dancing, puppet show, musical entertainment, games, 11 a.m.-4 p.m., \$3, 519-661-0333, www.museumlondon.ca.

july 2

HISTORY HIKES & WALKING TOURS

Museum London's walk series focusing this week on Public Art, 10:30 a.m., 519-661-0333, www.museumlondon.ca.

july 2-3

CALIENTE FESTIVAL HISPANO

Enjoy latin food, dance, art, music and entertainment, Victoria Park, 519-709-5534, www.calientefestivalhispano.com.

july 3

SOUNDGARDEN

In concert at the John Labatt Centre, 1-866-455-2849, www.johnlabattcentre.com.

july 6-7

BLUEMAN GROUP

Unique theatrical/musical experience at the John Labatt Centre, 1-866-455-2849, www.johnlabattcentre.com.

july 7-10

SUNFEST 2011

Free admission celebration of music, dance, food and crafts from around the globe, Victoria Park, 519-672-1522, www.sunfest.on.ca.

july 9

HISTORY HIKES & WALKING TOURS

Museum London's walk series focusing this week on Murals, 10:30 a.m., 519-661-0333, www.museumlondon.ca.

july 10

JAPANESE TEA CEREMONY

"The Way of Tea" at Eldon House performed by Satoshi Chandler, wearing traditional costume, and by David Chandler, of London's Wisdom Tea Shop. Zen stories and meditation are woven into this experience, 519-661-0333, www.museumlondon.ca.

july 10

VICTORIAN TEDDY BEAR PICNIC

Bring your stuffed friend for an afternoon of games, storytelling, parade and afternoon tea, Fanshawe Pioneer Village, 519-457-1296, www.fanshawepioneerivillage.ca.

july 12

THE BLACK KEYS

At the John Labatt Centre, 1-866-455-2849, www.johnlabattcentre.com.

july 12-14, 19-22

MUSICAL THEATRE FROM 1843

Experience musical melodrama as it was performed by the Officers of the Garrison when London was a frontier town, 519-457-1296, www.fanshawepioneerivillage.ca.

july 13

THE GATSBY GALA

Go back in time at the annual 1920's Gatsby Gala at the Elsie Perrin Williams Estate with a game of croquet, prohibition bootleg, live swing music, gourmet bbq, vintage autos, proceeds to Heritage London Foundation, 519-432-6620, www.heritagelondonfoundation.org.

july 15

SUMMER NIGHT RUN

Includes a 5 km run/walk and kiddie trail, proceeds to Bereaved Families of Ontario, 519-672-5928, www.runnerschoice.com.



Recipients of multiple Grammy Awards, blues-rock duo **The Black Keys** roll into the John Labatt Centre on Tuesday, July 12

july 15-17

BLUESFEST INTERNATIONAL LONDON

Top Blues performers in downtown London, 519-488-1240, www.thebluesfest.com.

july 15-17

HOME COUNTY FOLK FESTIVAL

London's longest running free music festival featuring traditional and contemporary Canadian folk performers, regional crafts and artisans and plenty of food, Victoria Park, 519-432-4310, www.homecounty.ca.

july 16

HISTORY HIKES & WALKING TOURS

Museum London's walk series focusing this week on Monuments and Memorials, 10:30 a.m., 519-661-0333, www.museumlondon.ca.

july 19

JOSH GROBAN

In concert at the John Labatt Centre, 1-866-455-2849, www.johnlabattcentre.com.

july 21-23

ROCK THE PARK

Fundraising concert event for Bethany's Hope Foundation with big-name performers including Poison, Loverboy, Meat Loaf, Cheap Trick, Our Lady Peace and more, Harris Park. For tickets, 519-672-1967, www.rockthepark.ca.

july 22-24

PRIDE LONDON FESTIVAL

Annual celebration of gay, lesbian and bisexual pride including parade, arts events, dances and more, downtown London & surrounding venues, www.pridelondon.ca.

july 23-24

RONA MS BIKE TOUR

Event begins at Port Blake Conservation Area in Grand Bend, travels rural roads to the University of Western Ontario in London, includes an overnight stay and cycle back to Grand Bend for a finish-line barbecue. MS fundraiser, 519-680-7878, www.msbiaketours.ca.

july 23-24

GARDEN GATES OPEN

Free citywide garden tour including gardens of all varieties and skill level, various locations, 519-439-7120, www.gardengatesopen.com.

july 28-august 1

LONDON RIB FEST

Local and out-of-town restaurants compete for the title of best ribs, carnival rides, 75 bands, 100 food booths, Victoria Park, 519-432-5189, www.canadasbiggestparty.com.

july 30

HISTORY HIKES & WALKING TOURS

Museum London's walk series focusing this week on Castles to Cottages, 10:30 a.m., 519-661-0333, www.museumlondon.ca.

What's On summer 2011

July 30-August 1

EXPRESSIONS IN CHALK

Annual street painting festival involving works of art created with chalk postels on asphalt, in the parking lot of St. James Westminster Anglican Church, Worley Village, 519-451-0212, www.imodan.org.

July 30-31

VINTAGE DANCE WEEKEND

On Saturday, learn the social dances of 120 years ago, enjoy a country supper and 19th century period ball. On Sunday, bring the family to a family dance and afternoon tea, Fanshawe Pioneer Village, 519-457-1296, www.fanshawepioneerivillage.co.

August 4

JOEL PLASKETT EMERGENCY

Canadian rock musician at the Grand Theatre main stage, 8 p.m., 519-672-8800, www.grandtheatre.com.

August 6

WILFRID JURY DAY

Dig alongside archaeologists on a 500 year old prehistoric site, pre-registration required for digging, Museum of Ontario Archaeology, 519-473-1360, www.uwa.ca/museum.

August 6

HISTORY HIKES & WALKING TOURS

Museum London's walk series focusing on Unsettling the Thames, 10:30 a.m., 519-661-0333, www.museumlondon.co.

August 6

INDIAFEST 2011

Celebration of Indian culture, food, music and dance, Covent Garden Market, free, 519-439-3921, www.coventmarket.com.



Guitarist Jesse Cook brings his unique mix of Latin, jazz and world music to The Grand Theatre stage on a Saturday, August 20

August 7

NEW KIDS ON THE BLOCK/BACKSTREET BOYS

At the John Lobolt Centre, 1-866-455-2849, www.johnloboltcentre.com.

August 8-13

LONDON INTERNATIONAL QUILT FESTIVAL

5th annual international quilt event features Quilts of Hawaii, workshops from Hawaiian teachers, merchants' mall, Hawaiian café, London Convention Centre, 519-639-9473.

August 12-14

REINING EXTRAVAGANZA & SIED STAKES DERBY

Experience the excitement of reining horses, sliding, stopping and spinning with competitors of all ages and levels, Western Fair Agriplex, 905-384-2008, www.arha.on.ca.

August 13

HISTORY HIKES & WALKING TOURS

Museum London's walk series focusing on a River Walk, 10:30 a.m., 519-661-0333, www.museumlondon.co.

August 19-21

EAST COAST FESTIVAL

Maritime food, music and dancing, Covent Garden Market, free, 519-439-3921, www.coventmarket.com.

August 19-21

FITNESS EXPO & ROCK THE ROAD 10K

Two day fitness expo plus 10K run at Moscoville Place on Sunday, fundraiser for The Sunshine Foundation, live bands, flat course, www.rocktheroad10k.com.

August 20

PAWLOOZA

London's festival for dogs features 15,000 animal lovers, 4,000 dogs, 40 animal rescue groups, 175 vendors, competitions, demonstrations and more, Plunkett Estate, 519-439-0352 ext. 225, www.pawloozo.com.

August 20

JESSE COOK

Guitar sensation live at the Grand Theatre, 519-672-8800, www.grandtheatre.com.

August 20-21

FANSHAWE AGRICULTURAL FAIR

Experience a 19th century rural fair including threshing, exhibits, nondenominational church service, rare breeds display, music, classic cars, Fanshawe Pioneer Village, 519-457-1296, www.fanshawepioneerivillage.co.

August 26-28

FESTA ITALIANA

Celebration of Italian culture, food, music and dance, free, Covent Garden Market, 519-439-3921, www.coventmarket.com.

August 27

HISTORY HIKES & WALKING TOURS

Museum London's walk series focusing this week on Public Art, 10:30 a.m., 519-661-0333, www.museumlondon.co.

MUSIC

AEOLIAN HALL

Upcoming concerts include a fundraiser for Barefoot for Orphans: Love is the Answer featuring The Icarus Account, Adelolite & The Scenario (July 9), An Evening With The Stars: A Tribute (July 15), The Aeolian and Acoustic Muse Concerts presenting Colodh Nuo, direct from Ireland (Aug. 2), An Evening With Greg Godovitz Upclose and Uncomfortable with special guests Baker Kane (Aug. 13), 519-672-7950, www.aeoliahall.co.

BACH MUSIC FESTIVAL OF CANADA

This new music festival runs from July 1-17 and takes place just a short drive from London in Exeter. The event includes choral concerts, ensemble performances, solo recitals, workshops, MasterClasses and daily noon hour recitals. One of the highlights is a rare concert by native London violinist Loro St John, concerts at various venues in the Exeter area, 519-235-2565, www.bachmusicfestival.com.

FANSHAWE PIONEER VILLAGE FRIDAY NIGHT SUMMER CONCERT SERIES

Summer concerts in the Pioneer Village Café, featuring Three Penny Piece (July 22), Allison Brown and Don Henshall (August 26). All concerts at 8:30 p.m., 519-457-1296, www.fanshawepioneerivillage.co.

LONDON CITY MUSIC THEATRE

Upcoming shows and film presentations include American Songbook Classics (July 2), Peter Appleyard & Group (July 9), The Pointer Sisters and Gladys Knight Tribute (July 16), Memories of the Summer of Love (July 23), Donno Summer & Matown Music with Mortho Reeves Tribute (Aug. 6), 519-432-0888, www.londoncitymusictheatre.com.

LONDON MUSIC CLUB

Every Thursday is Electric Blues Jam and every Friday is Acoustyle Open Mic, both 9 p.m. Other shows include June winner Meaghen Smith (June 29) and Kelly Joe Phelps & Corinne West (Aug. 17), 519-640-6996, www.londonmusicclub.com.

LONDON MUSIC HALL

Upcoming shows include Laurie Marvan Band (June 24), Shoi Hulud with Noyseyer, Endwell & My Turn To Win (June 28), These Kids Wear Crowns (June 29), Skrillex (July 3), Bryon Lee (July 7), White Lies (Aug. 2), All Time Low (Aug. 6), 519-432-1107, www.londonmusicclub.com.

ST. PAUL'S CATHEDRAL MUSIC PROGRAMS

There are several musical series offered at St Paul's Cathedral including Tuesday Noon Hour Organ Recitals, 12:15-12:45 p.m. (Ina concerts during the month of August). They are free, no tickets required, 519-434-3225, www.stpaulscathedral.on.ca.

OUT-OF-TOWN THEATRE

BLYTH FESTIVAL

The Blyth Festival is a professional summer theatre located about an hour north of London. Shows for the 2011 season include the world premiere of *Hometown* (to Aug. 7), the historical drama *Vimy* (to Aug. 6), uplifting romantic comedy *Rope's End* (July 27-Aug. 27), comedy *Early August* (Aug. 3-27) and musical *Alligator Tears* (Sept. 1-3). 519-523-9300, 1-877-862-5984, www.blythfestival.com.

DRAYTON FESTIVAL THEATRE

This summer, the festival is featuring a salute to movers & shakers in *Dance Legends* (until July 2), the life-affirming comedy *Italian Funeral & Other Festive Occasions* (July 6-23), the delicious comedy *How The Other Half Loves* (July 27-Aug. 13) and the big business musical *How To Succeed In Business Without Really Trying* (Aug. 17-Sept. 3). 1-888-449-4463, www.draytonfestivaltheatre.com.

HURON COUNTRY PLAYHOUSE

Coming up, this popular summer theatre in Grand Bend features the musical *Blood Brothers* (July 6-July 23), big business musical *How To Succeed In Business Without Really Trying* (July 27-Aug. 13) and the musical fable of Broadway Guys and Dolls (Aug. 17-Sept. 3). At the Playhouse II stage there is the delicious comedy *How The Other Half Loves* (July 13-23), the life-affirming comedy *Italian Funerals & Other Festive Occasions* (July 27-Aug. 6) and a salute to the music of Elvis Presley in *Blue Suede Shoes: Memories of the King* (Aug. 17-Sept. 3). 1-888-449-4463, www.huroncountryplayhouse.com.

PORT STANLEY FESTIVAL THEATRE

This summer the Port Stanley Festival Theatre will be presenting the world premiere of the comedy *7-10 Split* (July 6-23), comedy *Dump Guys* (July 27-Aug. 13) and *Norm Foster's Bedtime Stories* (beginning Aug. 17). 519-782-4353, www.portstanleytheatre.ca.



Steven Page, flying solo after 20 years with the Barenaked Ladies, cops off the Bluesfest London weekend on Sunday, July 17

ST. JACOBS COUNTRY PLAYHOUSE

This converted winery seats 390 and operates year-round. This summer, watch for the killer comedy *Murder at the Best Western* (July 20-Aug. 7). Located opposite the St. Jacob's Outlet Mall, 1-888-449-4463, www.draytonentertainment.com.

STRATFORD SHAKESPEARE FESTIVAL

The main Festival Theatre stage features a hilarious battle of wits and wiles in *The Merry Wives of Windsor*, the legendary musical *Camelot*, Shakespeare's *Twelfth Night* and the sparkling comedy of manners *Misanthropic* (beginning July 31). At the Avon Theatre is the timeless story of endurance and hope in *The Gropes of Wrath*, the rock opera *Jesus Christ Superstar* and darkly witty drama *The Homecoming* (beginning July 26). The Tom Patterson Theatre has Shakespeare's *Richard III* and Shakespeare's *Titus Andronicus*. Finally, the Studio Theatre presents the poignant Shakespeare's *Will*, an inspiring look at the uncommon woman in *The Little Years* and the raw, tragic and outrageously funny Canadian classic *Hosanna* (beginning July 26). Other events include costume warehouse tours, workshops, after-theatre discussion, concerts, backstage tours, summer music nights, lectures and more. 1-800-567-1600, www.stratfordfestival.ca.

GALLERIES

MUSEUM LONDON

Ongoing exhibits include *Dig In: Urban Farming during War and Peace* (ongoing), *Step by Step* (ongoing), *Sighting Land* (beginning July 2), *Speed Demon* (beginning July 9), *Pastorale* (beginning July 16), *Garden Variety* (July 16), *Janet Morton: Tangled* (July 16). 519-661-0333, www.museumlondon.ca.

MCINTOSH GALLERY

The summer line-up includes *Jeet Aulakh: Anahada Noada*, paintings illustrating the connections between secular and spiritual identity (until Aug. 12), *Demonstration: Jason Hallows' contemporary sculpture* (July 15-Aug. 12), E.J. Hughes: *Museum Ship* (July 15-Aug. 12), MFA Exhibitions: *Michelle McGeehan and Robert Williams* (beginning Aug. 19), 519-661-3181, www.mcintoshgallery.ca.

SMALLER/SPECIALTY GALLERIES

The Arts Project is hosting a New Canadians Exhibition to July 9. This exhibition is open to artists, both professional and non-professional, who are recent immigrants or refugees to Canada. They also have an instructorless Life Drawing session every Monday night. Professional and amateur artists can bring a sketch pad from 7-10 p.m. and the facility, seating and model are provided. The Michael Gibson Gallery has the works of two artists in July, Robert Cadotte and Roly Fenwick.

ARTS FOR KIDS

IMAGINATION STATION

Every Sunday from 1-3:45 p.m., kids of all ages are invited to drop by Museum London's no-cost Imagination Station and let their imagination take them on an artistic journey. 519-661-0333, www.museumlondon.ca.

LONDON REGIONAL CHILDREN'S MUSEUM

In addition to the recently opened *My Arctic Discovery* exhibit, special events coming up this summer include Canada Day Celebration (July 1), *Freeze DNA Comic Book Design Interactive Workshop* (July 6), *Living the Goodlife with the Children's Museum* (July 13, Aug. 10), *The Amazing Corbin* (July 14), *National Icecream Day* (July 19), *UWO Astronomer Alexandra Ponietra* (July 26, July 28), *Bob the Fossil Guy* (July 27), *Bubble Day* (Aug. 9) and *Amazing Corbin* (Aug. 23). 519-434-5726, www.londonchildrensmuseum.ca.

ORIGINAL KIDS THEATRE

During the summer, Director Jim Schaefer and some Original Kids will be creating their own story and turning it into a play complete with music, singing and dancing as part of the Outdoor Collective Creation. This will be presented at the Camp Original Kids grounds at Huron College (UWO campus) from July 6-22. They will also be presenting their annual pay-what-you-can event outdoors in the Rotary Reading Garden of the London Public Library. This year, the show is *Honk: The Ugly Duckling Musical*, based on Hans Christian Andersen's popular book (July 29-Aug. 7). 519-679-0598, www.akk.ca.

My Favourite Thing

I WAKE UP EVERY MORNING and sing *Happy Birthday* to about 25 people, and it makes me feel great.

I started when I was working in resorts in the Caribbean about 32 years ago. I was meeting all sorts of interesting people and wanted to keep in touch, but I was too lazy to write letters. I thought, I'll phone them. I'll phone them on their most important day—their birthday.

A lot of people forget that they have signed my birthday book, or when I ask for their birthday they don't know why. I like the surprise. Sometimes their own family forgets their birthday, but I don't. And I don't just say happy birthday—I sing it.

I've been phoning some people for 32 years and I've seen their life arc. When I started calling they may have been in university and now they've got kids. I have to be a bit of a private detective to track people down when they move.

If I phone and find out that someone has passed away during the year, I will talk to a relative. We'll share stories and remember their loved one. It's still their birthday even if they are no longer with us physically.

A lot of people don't want to be reminded that they are getting older, but they do like to celebrate life. And they all enjoy sharing a story with someone they met along the way.

AS TOLD TO NICOLE LAIDIER

BILL PAUL

London town crier, host of *Straight Talk with Bill Paul* (CIXX-FM) and founder of Laff Guards



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